

APRIL/MAY 2024

23USBC13 — HEALTH AND NUTRITION

Time : Three hours

Maximum : 75 marks



SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define the term health.
2. Classify food.
3. What are fat soluble vitamins?
4. Summarize the sources of vitamin C.
5. Define essential fatty acids.
6. Compare plant and animal fat.
7. Write the deficiency of iodine.
8. Illustrate the food sources of phosphorus.
9. What are carbohydrates? Give examples.
10. Recall the causes of marasmus.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Identify the factors affecting human health.

Or

- (b) Analyze the importance of health care of children.

12. (a) Organize the sources, functions and deficiency of vitamin K.

Or

- (b) List out the biological functions of vitamin A.

13. (a) Identify the role of fats in the body.

Or

- (b) Assume the consequence that occurs when consuming too much of fat?

14. (a) Identify the biological functions and deficiency of zinc.

Or

- (b) Conclude the deficiency manifestations of potassium.

15. (a) Explain the nutritional supplementation programme in India.

Or

- (b) Examine the role of carbohydrates in health.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain in detail about the importance of health care of adults.

17. Apprise the sources, functions and deficiency of water-soluble vitamins.

18. Explain in detail about a simple way to reduce obesity.

19. Discuss the sources, RDA, Functions and deficiency manifestation of Iron.

20. Elaborate the physiological role and Nutritional significance of proteins.